

ILLUSTRATED STEPS / SAVE IT. FIND IT. BUILD IT.

PAINKILLERS

Willow-bark science + a practical headache-care plan.



START HERE

01

GET READY

Tools + clickable build map

02

FOLLOW THE STEPS

One clearly numbered stage at a time

03

FIND IT AGAIN

Quick reference + PDF bookmarks

Willow science and five headache-care steps. Corrects the video's tasting and home-dosing shortcuts; includes a reusable care record.

NUKE ON TIKTOK

MORE FREE BUILD GUIDES

SOURCES / EMA: willow bark overview

BUILD MAP

NEXT

YOUR BUILD MAP

Tap a step to jump there. The printed page numbers work offline too.

HAVE THESE READY

- Trusted adult or professional contact
- Drinking water and a regular meal
- Medicine packages, if already used
- Pen, paper and a clock
- Local emergency and poison numbers

BEFORE YOU START

Science and headache-care companion. Do not make or dose medicine from found bark. Under 18: no willow-bark medicines. Urgent symptoms: go to Step 01.

READ IN ORDER

PREP	What willow actually does	03
PREP	Looking is not identifying	04
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QUICK REFERENCE / PAGE 13

KEEP THIS COPY

Save the PDF with its guide ID. Use the build map, bookmarks, or your PDF reader's search to find a step later. Video and source links need internet; the instructions do not.

SETUP

What willow actually does

READ BEFORE STEP 01

PREP

The episode starts with a real plant-medicine connection.



THE SCIENCE

- **Willow bark contains salicin and related compounds.**
- The body converts salicin into salicylic acid; this is not the same molecule as aspirin.

WHAT THE EVIDENCE COVERS

- **EMA distinguishes evidence for a specified extract in short-term low-back pain from traditional use for minor joint pain, fever with colds and headache.**
- Clinical headache evidence is insufficient.
- A cartoon cup does not establish a dose.

SOURCES / EMA: willow bark overview · EMA: willow bark monograph

SETUP

Looking is not identifying

READ BEFORE STEP 01

PREP

The tree and leaf artwork illustrates the episode; it is not a field key.



LEAVE UNKNOWN PLANTS ALONE

- **Do not chew a twig to identify it.**
- Narrow leaves, flexible twigs and a waterside location do not establish a safe medicinal species.
- Bitterness is not a salicin test.

KEEP THE LESSON OBSERVATIONAL

- **Compare photographs with a qualified local botanist if you want to learn plant identification.**
- Leave bark on living trees.
- Do not use this illustration to choose anything to swallow.

SOURCES / Poison Control: swallowed plants

SETUP

A spoon is not a medicine label

READ BEFORE STEP 01

PREP

Drying, simmering and straining do not measure active ingredients.



THE MISSING MEASUREMENT

- **A household spoon of found bark does not establish its salicin content or a safe dose.**
- The episode's cup schedule is not validated here.
- This guide supplies no home-brew, tincture or child dose.

WHO MUST AVOID WILLOW

- **EMA says willow-bark medicines must not be used under age 18.**
- Salicylate/NSAID allergy, active ulcers, clotting problems and severe liver or kidney disease are also exclusions.
- Avoid willow in pregnancy or breastfeeding; ask a professional about other medicines.

SOURCES / EMA: willow bark monograph

BUILD MAP

PREVIOUS

NEXT

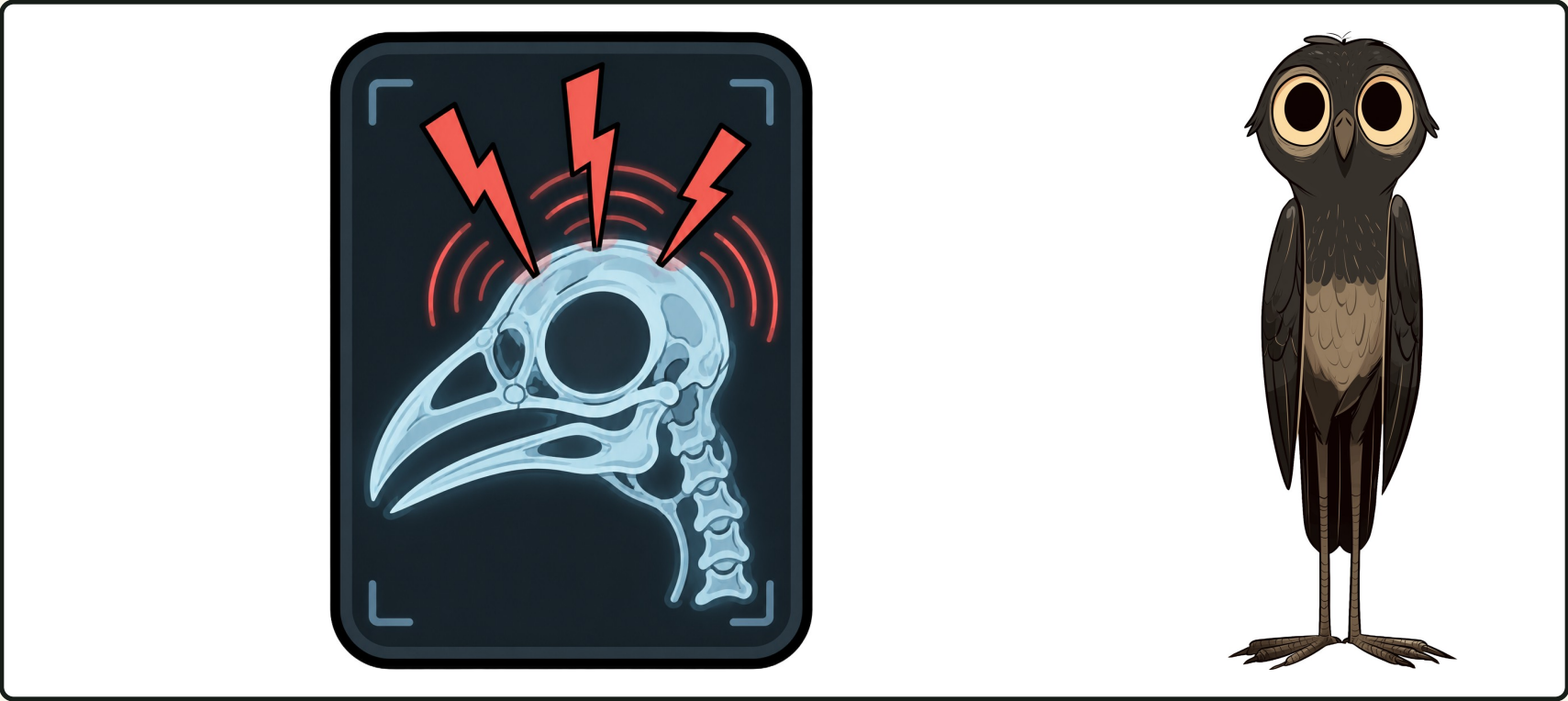
STEP

Check for urgent signs

1 OF 5 / READ IN ORDER

01

Start here if someone has a headache now.



EMERGENCY HELP NOW

- **Call your local emergency number for a sudden extremely painful headache, seizure, weakness, confusion, trouble speaking, loss of vision, or headache after a head injury.**
- With headache, a very high temperature or stiff neck also needs emergency assessment.

DO NOT DELAY

- **Tell the responder what happened.**
- Do not wait for a drink or painkiller to work.
- This is a short warning list, not a diagnosis.

SOURCES / NHS: headaches and help

BUILD MAP

PREVIOUS

NEXT

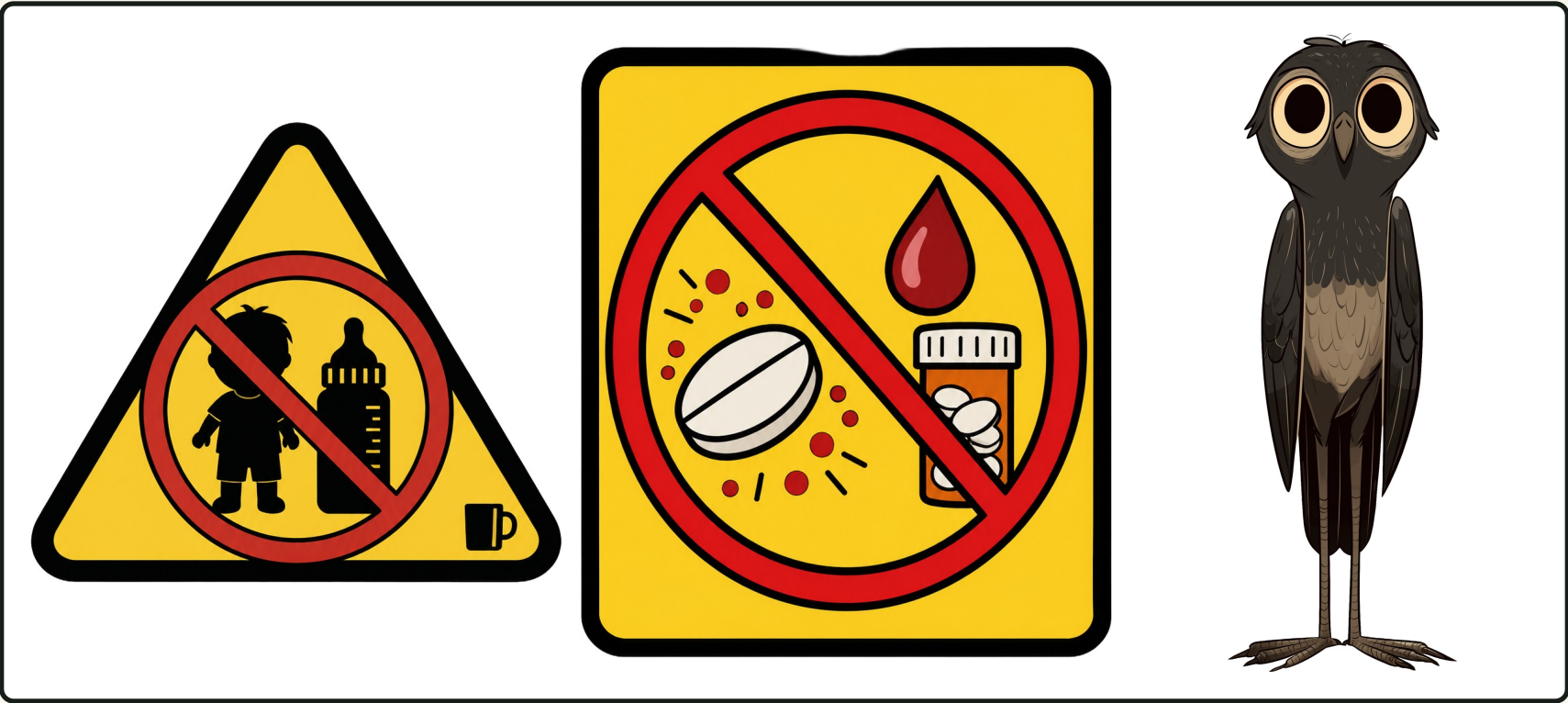
STEP

Bring in the right help

2 OF 5 / READ IN ORDER

02

A young reader should tell a trusted adult before taking any medicine.



MAKE A CLEAR HANDOFF

- Tell the adult or clinician where it hurts, when it began, any injury and other symptoms.
- Bring the medicine packages and a list of what was already taken.

ASK BEFORE CHOOSING

- A pharmacist can check age suitability, allergies, existing conditions and medicine interactions.
- Do not use willow as a workaround.
- The warning sign from the video marks an exclusion, not a smaller child dose.

SOURCES / FDA: using pain relievers · EMA: willow bark monograph

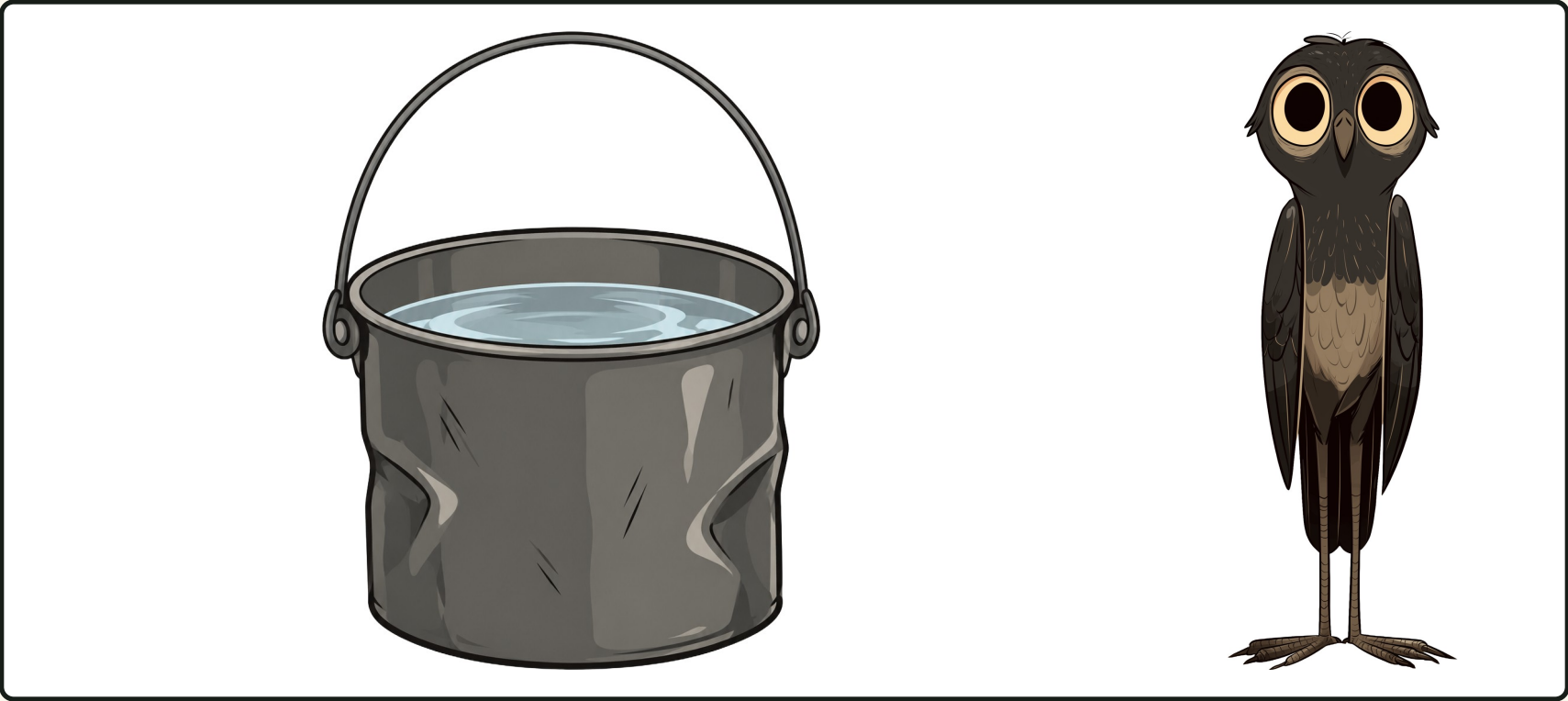
STEP

03

Use simple comfort measures

3 OF 5 / READ IN ORDER

For an ordinary headache without warning signs, start gently.



A QUIET RESET

- **Drink water, eat a regular meal and take a break from screens.**
- Relax and keep your usual sleep routine.
- Avoid alcohol.

CHECK AGAIN

- **Seek medical advice if pain worsens, does not improve or keeps returning.**
- Vision problems or vomiting with headache need urgent advice.
- A child's worsening headache or one that wakes them at night needs urgent advice too.

SOURCES / NHS: headaches and help

STEP

Read the actual medicine label

4 OF 5 / READ IN ORDER

04

If medicine is appropriate, use the age-suitable labeled product chosen with an adult or professional.

ACTIVE INGREDIENT

Identify the medicine, not just its brand.

WARNINGS

Check age, conditions and other medicines.

DIRECTIONS

Read amount, spacing, daily limit and duration.



READ BEFORE TAKING

- Check active ingredients, warnings, directions, dose spacing, daily limit and maximum use duration.
- Follow that product's label; use its measuring device for liquid medicine.
- Never copy an adult dose for a child.

CHECK EVERY PACKAGE

- Cold and flu products can also contain acetaminophen, called paracetamol in many countries.
- Do not take two acetaminophen-containing products together.
- Do not add extra pain relievers without checking with a pharmacist.

SOURCES / FDA: using pain relievers · FDA: acetaminophen overlap

STEP

Write it down and reassess

5 OF 5 / READ IN ORDER

05

Keep a small record with the packages so nobody has to guess.



A USEFUL NOTE

- **Record the time, symptoms, product name, active ingredient, amount taken and any change.**
- Let the responsible adult manage medicine timing.
- A second dose follows the actual label or clinician's instructions, not this worksheet.

KEEP THE CAUSE IN VIEW

- **Pain relief does not diagnose or cure an infection.**
- A homemade mold culture is not a prescribed antibiotic.
- Persistent or worsening symptoms need professional assessment; use Step 01 whenever warning signs appear.

SOURCES / FDA: using pain relievers · CDC: antibiotics only as prescribed

KEEP / COPY / FILL IN

Your care record

One entry per event. Copy this page for future use.

Write what actually happened, not a planned or guessed dose. Bring this record and the original packages when asking for help.

Date and time / person

Headache began / other symptoms / injury

Product name + active ingredient (copy package)

Amount actually taken + time (or none)

Changes noticed / advice received

Local emergency number / poison service / adult contact

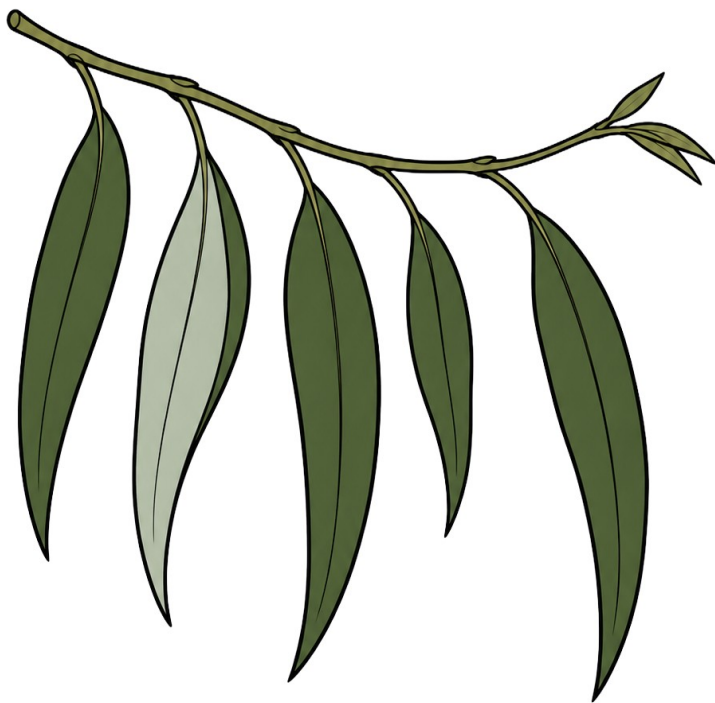
NOTE

If someone swallowed a plant

KEEP THESE LIMITS WITH THE STEPS

REF

This includes a twig, bark, homemade tea or an unknown preparation.



GET POISON ADVICE PROMPTLY

- **In the US, call Poison Control at 1-800-222-1222.**
- Elsewhere, contact your local poison service.
- Do not make the person vomit.
- Keep a photograph or sample and details of the amount and time for the adviser.

SEVERE SYMPTOMS ARE AN EMERGENCY

- **If the person collapses, has a seizure, has trouble breathing or cannot be awakened, call emergency services immediately.**
- Do not try another home remedy.

SOURCES / Poison Control: swallowed plants · Poison Control: immediate first aid

BUILD MAP

PREVIOUS

NEXT

QUICK REFERENCE

Read the full steps first. Tap any row to return to its instructions.

BEFORE STEP 01

Science and headache-care companion. Do not make or dose medicine from found bark.
Under 18: no willow-bark medicines. Urgent symptoms: go to Step 01.

01	Check urgent signs Sudden severe pain or neurological symptoms: emergency help.	P06
02	Get the right help Tell an adult; show the pharmacist all medicine packages.	P07
03	Try comfort measures Water, regular food, screen break; worsening pain needs advice.	P08
04	Read the medicine label Check age, ingredients, warnings and directions before use.	P09
05	Record and reassess Write down what was taken and when; review new symptoms.	P10

NUKE SAYS

Save the photo. Skip the taste test.

SOURCES / EMA: willow bark monograph · NHS: headaches and help · FDA: using pain relievers · FDA: acetaminophen overlap